

**NECESSARY AREAS OF TRAINING
TO INSURE MULTI EVENT SUCCESS
(DECATHLON/HEPTATHLON)**

RECOVERY Yes,this is first on the list ...SLEEP/REST/HOBBIES-
DIVERSIONS/NUTRITION/HYDRATION/MASSAGE/CHIROPRACTIC

FLEXIBILITY Before/during/after

AEROBIC TRAINING General Fitness

ANEROBIC TRAINING Event Specific Fitness

STRENGTH TRAINING Fundamentals of/ Phases/How to

- A. **EXPLOSIVE/DYNAMIC STRENGTH** (Event Specific)...Purpose/Types: **BOUNDING/MULTIS/MED BALL/OTHERS**
- B. **GENERAL STRENGTH** Where/when/how to

MENTAL TRAINING (in a relaxed state/in a active/practice state ...Visualization)

VIDEO REVIEW Coach & Athlete

TECHNICAL EVENT TRAINING (Skill Improvement) Full/actual event training, Lead ups/Drills

CROSS TRAINING Primarily for skill improvement overall

HAVING/DEVELOPING A TRAINING PLAN Following it/ changing it as needed (ART FORM)

COMPLETE AND THOROUGH KNOWLEDGE OF BASIC LAWS OF MOTION AND BASIC HUMAN PHYSIOLOGY Being able to **APPLY** same / We are talking about teaching/learning here!

ATTITUDE

QUESTIONS and DISCUSSION

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